

after the awareness
comes action!



Now that you know and understand the risks of heart disease in women, find out about your own risk. Visit

goredforwomen.org and take the Go Red Heart Checkup.

Then follow these 10 simple steps to a heart-healthy you!

10 ways to love your heart.

1. Get regular checkups.
2. Know your blood pressure and cholesterol numbers.
3. Follow your doctor's recommendations for diet and exercise.
4. Take prescribed medications as directed.
5. If you smoke, quit now.
6. Get at least 30 minutes of moderate physical activity each day.
7. Eat a heart-healthy diet, including fruits and vegetables, whole-grain foods and fish.
8. Limit food high in saturated fats and cholesterol.
9. Limit your sodium intake to 2,300 mg a day.
10. If you drink alcohol, drink in moderation — an average of no more than one drink a day for nonpregnant women.

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